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# Food and Home Notes

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No yolk in your egg? Yes, its possible. Double-yolked eggs are also considered "abnormalities" in eggs, but present no problem, according to USDA marketing specialists.

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If you have an off-flavored egg it may be due to a diseased chicken or even from certain feed flavors...If there is any doubt...do not use the egg.

\* \* \*

Did you know that the protein in the egg is "complete?" It contains all of the indispensable amino acids in well-balanced proportions.

\* \* \*

The yellow part of the egg--the yolk--contains practically all of the known vitamins except vitamin C. Yolk pigments (mostly xanthophyll) comes from green plants and yellow corn that the birds eat.

\* \* \*

Eggs readily absorb odors from kerosene, carbolic acid, mold, fruit and even vegetables. Eggs should not be stored near any of these products.

## CONSUMER SURVEY ---ON BUYING PRACTICES

The poor pay more--often because they have not planned ahead for major purchases, according to a University of Maine survey--a pilot project--on consumer buying practices of rural families. Among other things, the survey has pointed up the need to make the public more aware of the information and publications that are available to the consumer.

Ninety-seven families living in four areas of the state were interviewed on their buying practices--and were questioned about the purchase of a major piece of equipment. Only 22 percent of the consumers knew what interest rate they were paying for their credit.

Sixty-two percent of the nonpoor and 36 percent of the poor budgeted their money. While only 32 percent of the poor families shopped around before buying, 57 percent read the warranty or guarantee before making the purchase.

The study was reported by Dr. Peggy Schomaker, associate professor in the School of Human Development, University of Maine.

## A SOLAR HEATED HOUSE

A medium-price three bedroom house to be heated by solar energy has been designed by the U.S. Department of Agriculture's Agricultural Research Service at Greenville, South Carolina. The model, nearing completion, is being built in the \$25,000 range, exclusive of land costs. USDA engineers hope that they can bring this cost down considerably, when the house reaches the commercial market. The ARS Rural Housing Research Unit will monitor the performances of the prototype house through four seasons starting this winter.

The completely insulated attic of the house serves as a solar collector and a 12-inch thick layer of crushed rock beneath the floor of the house serves as a heat storage tank. The heating system is simple in design. The south roof is made of two layers of translucent fiberglass, which allows the sunshine or solar energy into the attic where it is absorbed by a black plywood floor. This heats the air in the attic -- the heated air is then circulated to heat the house and the rocks beneath the house. The heated rocks can store a four-day supply of heat to warm the house at night and on cloudy or rainy days.

According to the ARS reports, at least 75 percent of the house heating load during the coldest month in Greenville can be supplied by solar energy. An auxiliary heat source -- a larger-than-normal hot water heater -- will supply a heat exchanger in the air distribution system (hot water automatically pumped). This operates only when no heat is available from the solar heat in the attic or the storage tank beneath the floor.

The rocks beneath the house will serve a dual purpose; first, as a storage tank in winter and second to help keep the house cooler during the summer months. The heat bypasses the solar collector to allow the rocks to cool at night.

Though the solar house is being built by private funds, its owners have agreed to allow installation of the instrumentation necessary to properly monitor the heating and cooling system.



— DESIGNED BY USDA



BN 44263 USDA

The prototype house has a calculated average heat loss of 216,000 BTU per day in the Greenville area in January when there should be available a calculated 457 BTU per day of solar energy per square foot of transparent roof. This is assuming the prototype house will have the same 43 percent attic collector efficiency as a small test house previously built by the Rural Housing Research Unit.

The collection area has 442 square feet, and the solar system should provide an estimated 201,994 BTU per day, or 94 percent of the heat needed.

## DO-IT-YOURSELF COTTAGE CHEESE

Cottage cheese -- a soft, unripened cheese -- can easily be made at home. It's made from skim milk or reconstituted instant nonfat dry milk. It's tasty, nutritious, easily digested -- and low calorie, according to USDA home economists.

Basically, there are two major types of cottage cheese -- small curd and large curd. Small curd is the high-acid cheese made without rennet, the substance that speeds curdling and keeps the curd that forms from breaking up easily and shortens the cheese-making process. By using rennet you produce a less-acid, larger-curd cheese.

Cottage cheese -- small or large curd may be creamed or not. Adding cream to cheese increases its smooth texture, and flavor. Creaming cottage cheese, however, adds calories and lowers protein content slightly.

One gallon of skim milk will yield about one pound of cottage cheese. You must use a starter, either a commercially produced lactic culture or fresh cultured buttermilk...this is to get the cheese-forming process underway. And, remember: use rennet -- either tablet 1/ form or as an extract -- for making the large curd style cottage cheese. Your county extension home economist can give you advice.

Most homemakers who have started making cottage cheese at home 2/have found it a versatile food for combining with fruits or vegetables in a salad or for a dessert. If you're fortunate enough to have large quantities of surplus skim milk it's a good way to use it -- and save money too.

1/ Usually available in drug or grocery stores.

2/ Newly revised booklet prepared by the U.S. Department of Agriculture is available by ordering "Making Cheese at Home" for 30¢ from the GPO, Washington, D.C. 20402.